

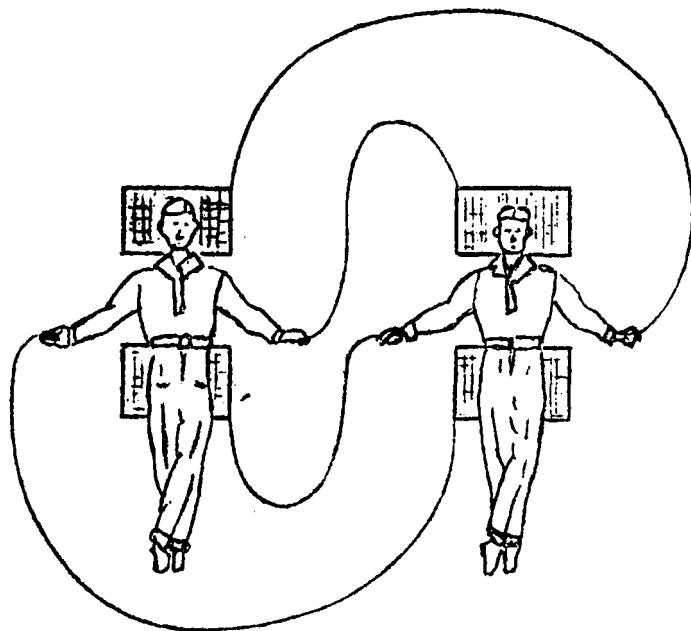
BSRA ADD 128

Review of:

L.E. EEMAN'S

Cooperative Healing

WITH THE USE OF EEMAN SCREENS



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The Journal is published six issues a year with the assistance of the Associates, at the Director's home, 1103 Bobolink Drive, Vista. It is printed, 36 pages an issue. The Foundation was incorporated under California law, May 21, 1951, #254263, and has been in continuous existence since then. Address all correspondence to the PO Box. The Journal is included in the Foundation membership of \$6.00 a year. Single copies and back issues of the Journal are now \$1.25 each. If you don't care to join you may receive the Journal by donating \$6 a year or more to the Foundation. The Director's wife, Ms. Judith Crabb, is office manager and Secretary-Treasurer.

PURPOSES OF BSRF: This is non-profit organization of people who take an active interest in unusual happenings along the borderland between the visible and invisible worlds. In the words of the late Meade Layne, founder and director of BSRA from 1946 to 1959: "BSRA publications are scientific in approach but employ few technical expressions. They deal with significant phenomena which orthodox science cannot or will not investigate. For example: The Fortean falls of objects from the sky, Teleportation, Kadiesthesia, PK effects, Underground Races, Mysterious Disappearances, Occult and Psychic Phenomena, Photography of the Invisible, Nature of the Ethers and the problem of the Aeroforms (Flying Saucers). In the year 1946 BSRA obtained an interpretation of the phenomena which since has come to be known as the Etheric or 4-D interpretation, and which has not been radically altered since that time. This continues to be the only explanation which makes good science, sound metaphysics and common sense."

The chief present concern of the Foundation is to make this kind of unusual information available as a public service at reasonable cost. Headquarters acts as a receiving, coordinating and distributing center. An important part of the Director's work is to give recognition, understanding and encouragement to people who are having unusual experiences of the borderland type and/or are conducting research in any of the above fields. For consultation on borderland problems, or for Spiritual healing through prayer, write or phone 714-724-2043 for help or for an appointment. Donations and bequests toward Foundation research programs and expenses are welcome.

The 24-page list of BSRF publications is available from Headquarters for 50¢ in coin or stamps. This includes mimeo brochures on borderland subjects, tape recordings of Mr. Crabb's lectures and of members of the Inner Circle, talking through trance-medium Mark Probert. Write to BSRF, PO Box 548, Vista, California 92083 USA.

"COOPERATIVE HEALING"

A Book on "The Curative Properties of human radiations" by the late L.E. Eeman, 1947, Frederick Muller Limited, London WC1.

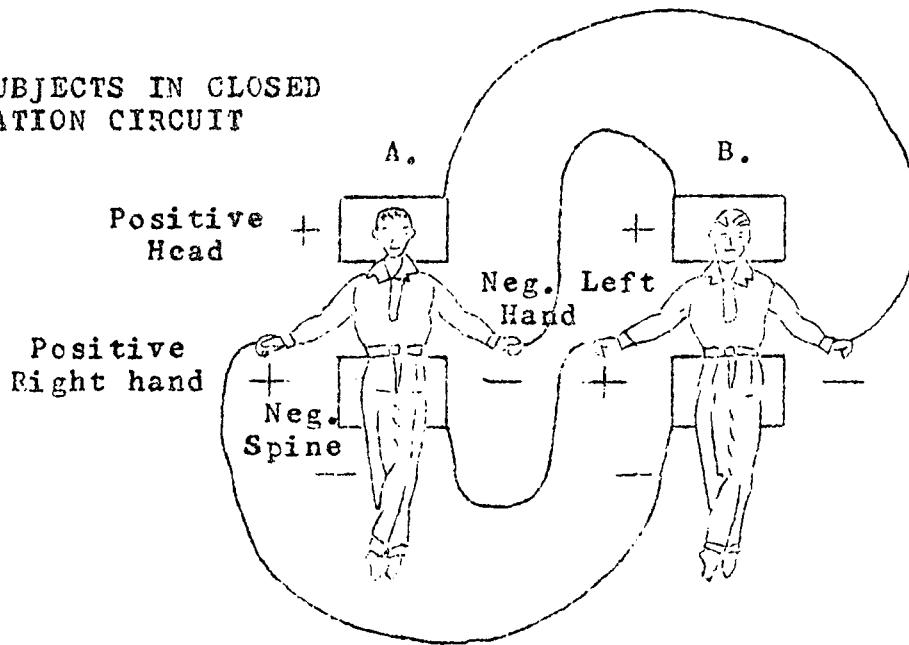
"When different parts of one human body, or different or similar parts of different human bodies are connected by means of electrical conductors, such as insulated copper wires, these bodies behave as though -- using an electro-magnetic analogy -- they were bi-polar."

"They behave in this fashion along three axes: head to feet, right side to left, and back to front; and their detailed bi-polarities follow the known nervous tracts. However, for purposes of argument and experimentation, and unless otherwise mentioned, only the Head, the base of the Spine, and the Right and Left Hands will be considered, and they will be referred to as H., S., R., and L., throughout this book."

"This body behavior which suggests bi-polarity is automatic in both sexes, in health and in disease, and it manifests in the absence of artificial energy and not only independently of suggestion but even against it."

"Continuing the use of the electro-magnetic analogy, the polar opposition shown experimentally to exist between H. and S., and R. and L., has led to the adoption of the convention that H. and R. are positive and S. and L. are negative in all born right-handers of both sexes, and the reverse in all born left-handers. However, the converse convention might have been adopted without affecting the argument of this book."

TWO SUBJECTS IN CLOSED
RELAXATION CIRCUIT



Note that the positive head screen of subject A. is connected to the negative Left hand of subject B.

The negative Spine screen of subject A. is connected to the positive Right hand of subject B., and vice versa.

Feet are crossed to prevent leakage of vitality.

"Any arrangement which connects polar opposites of one or of different bodies by means of electrical conductors is referred to as a 'relaxation circuit' and any arrangement which connects polar similars as a 'tension circuit'.

"The relaxation circuit automatically promotes relaxation of the voluntary muscles and stimulates functional activity. It fosters sleep, recovery from fatigue and disease, capacity for work and health in general. The tension circuit reverses these affects, more or less. Both circuits affect not only organic but also nervous and mental health.

"Psychological and other factors may consciously or unconsciously interfere with the automatic relaxation of voluntary muscles which the relaxation circuit promotes. Since in the absence of complete voluntary muscular relaxation reactions may be not only obscured but frequently reversed and thus misleading, investigators who wish to obtain valid results should deal with all factors which might inhibit voluntary muscular relaxation before experimenting with the circuit itself. The measures required for this purpose are described in this book.

* * *

"The above summarises some of the conclusions which have been imposed on me by an experimental investigation which began in May 1919. The field I then entered is proving increasingly interesting, and each new step I take in it seems not only to widen it but to make more and more urgent the need of competent and specialised tillers. May I tell what I believe I have so far found in this field in the hope that some of my readers may come to share my interest, check my findings, seek and find new facts and help me understand the Law which these facts must express?

* * *

"From the awakening of my interest in those human radiations which can be transmitted by electrical conductors I was struck by a number of different phenomena that kept on reappearing in my experiments with remarkable repetition of details. Whilst some of these phenomena would appear in 99% of my experiments and others in a mere fraction of 1% only, these percentages seemed to remain fairly constant.

"Although I was not in a position either to identify or to measure the forces at work, and none of the medical men or physicists who took an interest in my experiments could help me in my metric difficulties, I had no doubt that I was dealing with real forces, that some of these forces were of vital origin, and that with hard and persevering work I would in time evolve a safe, reliable, exact and effective technique of healing by autogenous (?) radiation fit for general use.

"Some of the phenomena that faced me reappeared so frequently, so regularly, so spontaneously, in so many and such different subjects, and with such stereotyped reaffirmation of minute details, that they seemed to shout at me ever louder and louder the one word: LAW!

"Whatever some sceptics felt prompted to say after superficial observations lasting but a few minutes, however scornful or supercilious

their comments, honest and sustained experimental work demonstrated beyond doubt that suggestion did not explain the facts. Granted, suggestion is unavoidably present in every consulting-room, but I could cite scores of instances any small number of which would settle the case of LAW vs. SUGGESTION for any unprejudiced statistician. Law stands out unchallenged from the few I give below. In all of them but one the patients were placed in relaxation circuit with myself and the only suggestions given them were that they should relax their voluntary muscles, observe their sensations, and report on the latter.

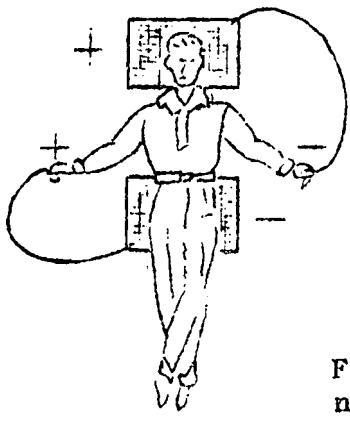
"THIS IS RIDICULOUS!"

- (1) A woman suffering acutely from entiritis contracted in the East is placed in the relaxation circuit. She declares that she feels "absolutely nothing, but that her pains are going." In her surprise, she says: "This is ridiculous!" After half an hour her pains have gone. After a few days, she returns to a normal diet with impunity when all other methods have failed. She states with glee that she can now "eat like a pig" and her husband volunteers the statement that "she does".
- (2) A young woman has given her wrist a deep cut from which capillary blood flows abundantly. Her arm, relaxed, is placed in the relaxation circuit. Almost at once the flow of blood ceases but that of serum increases. The wound closes like a mouth but opens again and allows blood to flow as soon as the circuit is reversed, unknown to the patient. It is like the turning of an electric light on and off!
- (3) A woman in the relaxation circuit declares at first with the defiant look of the sceptic that she feels "absolutely nothing". After a while her breathing slows down and deepens and her muscles relax automatically, but she observes none of this. Later, she states rather grudgingly, that her back might be getting slightly warmer, "but very slightly". She appears drowsy when, suddenly, her whole body begins to quiver and jerk with progressive violence. She is much surprised at all this and not a little frightened, but is unable to control her apparently meaningless movements. As I wonder at her inexhaustible supply of energy and at the complete absence of any corresponding shortness of breath, she suddenly collapses into profound sleep. The deep smoothness of her slow breath, the peace of her expression and the utter limpness of all her voluntary muscles astound me, as these still do to this day whenever I meet such cases. Although I swing her limbs violently nothing disturbs her. After about half an hour she wakes up, completely unaware of my rough handling of her, and, amazed, declares that she has had "the most perfect sleep that she has ever known in all her life," and feels indescribably different in her whole being, in mind, nerve and body.
- (4) A hard-headed business man, of the rather ruthless type, suffers from insomnia. He warns me, not without dignity, that "there are no flies" on him, from which it logically and inescapably follows that "monkey tricks will not wash". After a few minutes he proclaims with pride of a mind proof against all attempts at deception, that he feels "nothing at all". Nevertheless, a minute later he dissolves into uncontrollable and progressively violent peals of laughter, interspersed with protestations that he feels a "bloody fool as he has nothing to

laugh about but he cant stop laughing"? Eventually, with sides aching and tears rolling down his cheeks, he falls into a deep sleep. When he later wakes up stretching, it takes him quite a time to realise his position, but he gracefully acknowledges by implication that something must have "washed" as he feels "all clean" inside."

We would like to give you Associates more of Eeman's classic work on the re-circulation of Etheric energies -- mana, prana or vitality -- in the body, and will in later Journals because his book on "Cooperative Healing" is long out of print. But there is nothing to prevent you from conducting experiments with this simple, inexpensive equipment yourself, on yourself, if you can get no one to set up a relaxation circuit with you. We have diagrammed a one-person circuit below, for a natural right-hander!

Seeing that you are merely re-circulating your own vitality around blocked areas in your electro-magnetic field, there is no possibility of harming yourself -- any more than you are already harmed by unresolved psychological complexes and conflicts set up in earlier years and long ignored or forgotten. This is your Director's opinion, at least; and I believe the Eeman Relaxation Circuit is a simple way of beginning the restoration of balance between mind, emotions and body -- "the lining up of the vehicles" -- as we say in occult science.



I believe any metal screen will do, copper, bronze, aluminum, monel, galvanized, cut up into 10 by 15 inch rectangles, one for under the positive head and one for under the negative fanny or lower spine. Your hardware store will cut it for you. For copper wire leads from the corner of the screens can be made from lamp cord, 3 ft. long. Separate the two insulated wires and you have two leads. Remove an inch or so of insulation from each end of each wire.

Force a hole through the wire mesh at one corner with a nail or icepick. Thread one end of your wire lead thru and twist it tightly back on itself. Soldering the connection would be stronger if you have a soldering iron. The other end of the lead should be connected to a metal handle of comfortable size for holding loosely while you relax; a four-inch piece of copper tubing 1/2 or 3/4 inch in diameter would do. It would have to have a hole drilled at one end for connecting the wire lead. The little, empty frozen juice cans would do as well. Scrape off the enamel or paper label, and punch a hole for the lead wire with an icepick or can opener.

If you dont have the materials or the time to make yourself one set of screens for experimentation, and do have the money, we'll be glad to make a complete set for you for \$6.50, post and tax paid, order direct from Hdq in Vista.

COOPERATIVE HEALING

Part 2, From the Book by L.E. Eeman

Case 6 (from Twelve Typical Cases, Chap. I) A woman informs me by telephone that she is a doctor, that her husband and her sister are doctors, and that most of their friends are doctors. Although she has tried every known treatment for insomnia, she has, for years and every night, lain awake for hours before finding sleep, and in spite of all that science has done for her she is getting worse.

She has just read a book of mine and whilst she thinks the chapters on relaxation make sense, she asserts with brutal frankness that those which deal with radiation, circuits, etc., are "improbable, unreasonable, and unacceptable". She accounts for her unaccustomed departure from her natural courtesy by the wish to find out whether scepticism such as hers would deter me from undertaking her cure?

"My dear woman," I reply, "whether you believe in electricity or not, something will happen to you if you sit on the live rail of the Metropolitan Railway!"

She concurs and agrees to do as I tell her and to use the circuit, although she thinks it absurd. She sleeps perfectly after her first lesson, but states at the second that "it's all suggestion," although she may not like the implications involved.

I immediately place her in the tension circuit (which she also thinks absurd) and inside half a minute she tightens up, cocks an astonished eye and says, "What are you doing to me?" and breaks the circuit.

"I am doing nothing," I reply. "I am just being. But as you say there is nothing in this tension circuit of mine, it is up to you to prove your point by staying in it with me for a quarter of an hour!"

(Eeman's tension circuit is of course the opposite of his relaxation circuit, positive right hand to positive head screen, and negative left hand to negative lower spine screen.)

She accepts my challenge, but again, inside half a minute she breaks the circuit in great disgust, defeated by the intense discomfort and restlessness it creates. I was just then wondering whether I could stand it as long as she could, for it is quite as unpleasant for one member of a pair as for the other. Curiously enough, although she is a good woman, she remains an unbelieving one. However, next morning she rushes into my consulting room, one finger held aloft and shouting crescendo.

"It's true, it's true, it's true!"

"What's true?" I ask.

"This force of yours!"

"My dear woman, of course it is; but how did you find out?"

In the night, having inadvertently forgotten to close the relaxation circuit, she lies awake until she at last discovered her mistake.

She became a keen advocate of my methods, wrote an enthusiastic introduction to my next book and unavailingly did all she could to induce medical and scientific authorities to investigate my technique. I have taken every opportunity to express my thanks to her and do so again here.

WOMEN, ALL OF THEM!

Some readers, having got thus far, may feel inclined to exclaim, "Women, all of them! Suggestible, probably hysterical!" I would beg them to read again the six accounts just given, not lightly, but as detectives determined to track down a murderer or murderers. It is so easy to accuse either suggestion or hysteria of the foul deed, but it does not convict them; it does not explain anything, and it is only a lazy dismissal of a difficulty. Furthermore, if hysteria is indeed responsible, and if it is in fact a disease, men are just as much subject to it and to suggestion as are women. Let us continue with men.

7. In the Great War (WW I) a man receives four shrapnel wounds in the leg. They do not heal, and several years later, in spite of every care, and a pension, they remain wet open sores the size of half-crowns and surrounded by angry flesh. Dusting powder and bandages are always renewed twice daily. After a few minutes in the relaxation circuit the sores shrink visibly, causing intense pain to the patient. Reversal of the circuit arrests the pain, but the patient is brave and after an hour, the sores are dry, covered with a shining film, reduced to the size of a mere shilling, and the flesh around them is pink. With every treatment the sores get smaller, the flesh healthier, the scabs stronger. However, medical boards may reduce the pension in proportion to the relation between half a crown and a shilling. So the unorthodox cure is discontinued.

9. A powerfully-built, hard-bitten and sceptical General suffering from acute insomnia of long standing, falls asleep after a few minutes in the relaxation circuit. On waking he yawns, stretches, and rubs his eyes, but denies that he has slept. At his next visit, when put in the relaxation circuit, he falls into an even deeper sleep than at the first. In order to prove to him that he really has slept, and without any previous training in the art of picking pockets, I relieve him of his watch without disturbing him, advance it by one hour and put it back in his pocket. I then advance my own clock and watch by an hour. Later he wakes up with a start at the very moment when, amidst the thunder of his snores, I silently reverse the circuit. He denies that he has slept! I remind him of the time, he looks at his watch and at my clock, and he hurries away, for he is exactly an hour late for an important appointment. At the third visit he admits that he must have slept, acknowledges that he sleeps very well at night and feels much better. Tactfully, he does not refer to the peculiar behaviour of my clock and his watch!

10. A man twisted in shape by acute sciatica finds after a few minutes in the relaxation circuit that he is beginning to feel circulation and warmth in the affected parts and that his muscles are relaxing spontaneously and progressively. Suddenly, unbearable pains attack him, he turns pale, sweats profusely, and literally writhes in his agony. Moved by his screams, I break the circuit and calm returns. I inform him that experience convinces me that if he will but have the courage to face pain in the circuit until it stops of its own accord, he will be amply rewarded.

"All right," he says, "go on, I'll stand it."

I close the circuit again, and almost at once, agony! A quarter of an hour, possibly more, and suddenly, calm, peace, relaxation; the patient rests for awhile and gradually recovers color. His clothes are wet through with perspiration. He rises, tests his limbs in various attitudes that have been impossible for weeks, finds no pain, and leaves the room almost straight. After half a dozen treatments in the circuit, a chronic sufferer from sciatica becomes a swimming enthusiast at the age of fifty.

11. A typical "hard as nails" soldier, an old campaigner, has been advised to consult me about his wife who suffers from insomnia and is threatened with a nervous breakdown. Although he has heard accounts of my work he will not entrust the lady to my care until he has found out at first hand "exactly what I do". He seems very intense and I wonder whether his condition might not be the cause of his wife's insomnia? After a little theory, I suggest a demonstration on himself in the relaxation circuit. Though this strikes him as absurd, he submits with modified good grace. Soon, he declares with faintly veiled scorn that he feels "absolutely nothing" and makes to get up. I persuade him to try a little longer, when suddenly, his lips start to twitch and he breaks into progressively violent fits of sobbing interspersed with constantly reiterated exclamations that he feels a "complete bloody fool as he has nothing to cry about, but he can't help crying!" Altogether, a wonderful and spontaneous discharge of accumulated nervous tension.

On leaving, he assures me that he has never cried before in his life. Obviously! At his third visit, I hear that his wife has for some unaccountable reason, suddenly taken to sleeping like a babe. I grant him that women are indeed "funny" things, and in return he concedes me the point that he and she always share a bed. He appreciates the possibility that since in radio parlance, he is no longer a "resistor", mutual radiations may now flow more freely through his and his wife's devoted R. and L. Naturally, I had not suggested to him that he should sob like a child on my couch, for I understood that He-men and gentlemen never did that kind of thing!

12. At a public demonstration of my co-operative group technique, I begin with a little theory about the relaxation and tension circuits and right- and left-handedness. I then ask four members of the audience to volunteer to rest on my four couches in the relaxation circuit. Amongst those who come forward, a tall man, no longer young, very gentle

and dignified of bearing, introduces himself as a doctor. With charming courtesy, doubly appreciated as coming from an eminent man, he assures me that although what I have explained is entirely contrary to all his experience, he is not only willing but anxious to put it to a practical test. I complete the relaxation circuit through my four subjects and for a quarter of an hour they rest in obvious peace. I then reverse the circuit unknown to them, when they all immediately display clear signs of restlessness and tension, and inside a minute the courtly gentleman violently throws away his handles and jumps off his couch, saying, "No, I can't stand that!" After shaking off the unpleasant effects of his experience, he asks me whether he might try again. I re-group my four subjects in the tension circuit, but leave them under the impression that they are in the relaxation circuit. This time, in spite of my negative suggestion, the distinguished seeker after truth, hurls his handles away inside half a minute, leaps off the couch, and says: "That's good enough for me!" Since then, he has never missed a chance of making my work known, for which thank him once again.

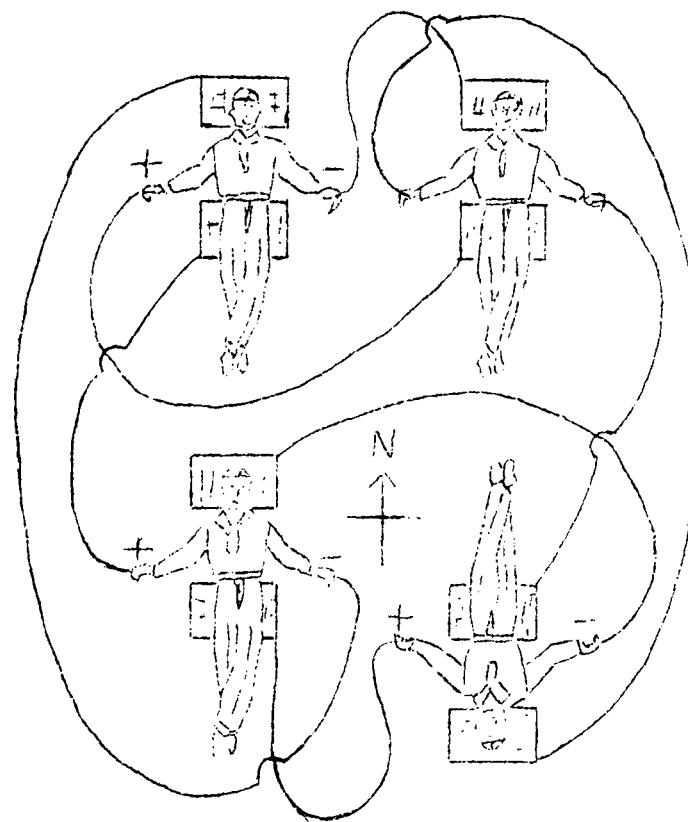


Fig. 7 from L.E. Eeman's book, "Cooperative Healing". Four subjects in closed serial relaxation circuit in square. One subject is a left-hander with head to south.

COOPERATIVE HEALING

Part 3, From the Book by L.E. Eeman
Excerpts from Chapter II

Those human radiations which can be transmitted by metallic conductors first roused my interest in May 1919. Although their reality can be demonstrated with the help of an ordinary watch, special scientific instruments are needed to identify and measure them.

Since 1919 a great variety of experiments have conclusively proved that these radiations can be used scientifically to promote sleep and make it more recuperative, to improve bodily functions and health, and to overcome disease. Many of these experiments have been repeated many times by independent operators, but, before I describe them, I must again emphasise the importance of my remark on page 15:

In the absence of complete muscular relaxation reactions may be not only obscured but frequently reversed and thus misleading! . .

The relaxation circuit (Left hand to Head, and Right hand to lower Spine) almost invariably produces a progressive sense of muscular relaxation, warmth, well-being, and drowsiness, often culminating in sleep, slower and stronger pulse, slower and fuller respiration, with more complete deflation (out-breathing), progressively long pauses between deflations and inflations (in-breathing) and with cyclic maximum inflations involving the whole trunk, lowered blood pressure if this is high, increased salivation and swallowing and a lowering of the pitch of the voice.

The tension circuit (Left hand to lower Spine, and Right hand to Head) reverses the above reactions and eventually leads to varying degrees of discomfort, tension and restlessness, in some cases quite unbearable. . .

Statistically, the results obtained are conclusive, for in 25 years involving many thousands of tests, I have found barely half a dozen subjects whose reactions were the reverse of those described above. Every one of these was treated in the tension circuit, which he apparently preferred, for periods of about half an hour at a time with intervals of three or four days between visits, and all of them had returned to the normal preference inside four visits. They then expressed that preference in complete ignorance of the circuit used. It may be more than coincidence that most of these patients were being treated for disorders of the ductless glands by their doctors.

In at least 70% of the cases observed the reactions on passing from circuit to circuit were marked enough for the subjects themselves to describe them accurately and to express an unhesitating preference for the relaxation circuit. In some 20% of the cases, although the subjects were unable to describe their own reactions, they nevertheless

expressed the normal preference for the "relaxation circuit." In some 10% of the cases the subjects felt no reactions and expressed no preference, but even in those cases (as in the other 90%) reactions were generally perceptible to the experimenter and were found abnormal only in the few cases referred to.

THE SELF-HELP THERAPY OF EEMAN

Naturally, the changes observed on passing from circuit to circuit varied in intensity and rapidity from subject to subject, and in the same subject, from day to day, being in some cases of extreme violence. Sensitive subjects were found useful in the investigation of facts and in the confirmation of results previously obtained.

All that has been described so far would be of purely academic interest if it were not also of therapeutic value. The relaxation circuit markedly improves all the following conditions after a few applications of about half an hour each: mental, nervous, circulatory, respiratory, digestive and eliminatory disorders, to mention only a few. Headaches, high blood pressure, rheumatism, lumbago, sciatica and many other ailments have been rapidly relieved. In cases of acute insomnia of long standing the effect has at times seemed magical and more especially so with sceptical, antagonistic and self-analytical subjects.

The tension circuit produces unmistakable discomfort, and when experiments with it have deliberately been prolonged unduly, hysterical and other crises, somnambulism, etc., have frequently resulted, the undesirable reaction being speedily reversed by the simple reversal of the circuit, unknown to the subject.

Both the relaxation and the tension circuits seem to produce progressive reactions up to a maximum, after which normal conditions return. Experiments prolonged over several hours often produce cyclical returns of the reactions at fairly regular intervals.

The relaxation circuit itself may cause discomfort if maintained for too long a time, when a short period spent in the tension circuit promotes a return to normal conditions.

When changing from a relaxation to a tension circuit there is a time lag proportional to the time spent in the relaxation circuit and reverse reactions do not usually appear until this time has been approximately allowed for. On the other hand, when changing from a tension to a relaxation circuit, relief, generally evidenced by a sigh, usually appears after a shorter time lag, and occasionally without any lag at all. . . (Here follow a couple of pages of detailed experiments establishing the polarity, or positive-negative relationship, of various parts of the body, shown on the chart on the next page.)

THE HIDDEN REALITY OF VITALITY

. . . The conclusion is inescapable that in the Eeman sleep circuit forces, latent in man, are made manifest which make the nervous system behave as though there were electro-magnetic opposition between

its top and bottom, its right and left sides and its front and back, and as though on all three planes or axes there were a gradient of potential between extreme polar opposites.

I show herewith (Fig. 2 below) some of the details of human polarities as suggested by my experiments up to date. For general purposes I found that I could:

(a) Ignore minor local polarities, these only requiring attention in cases of local disorders;

(b) Take the body en masse and consider:

- (1) The Head and the base of the Spine;
- (2) The Right and the Left Hands, and
- (3) The right and the Left feet as polar opposites.

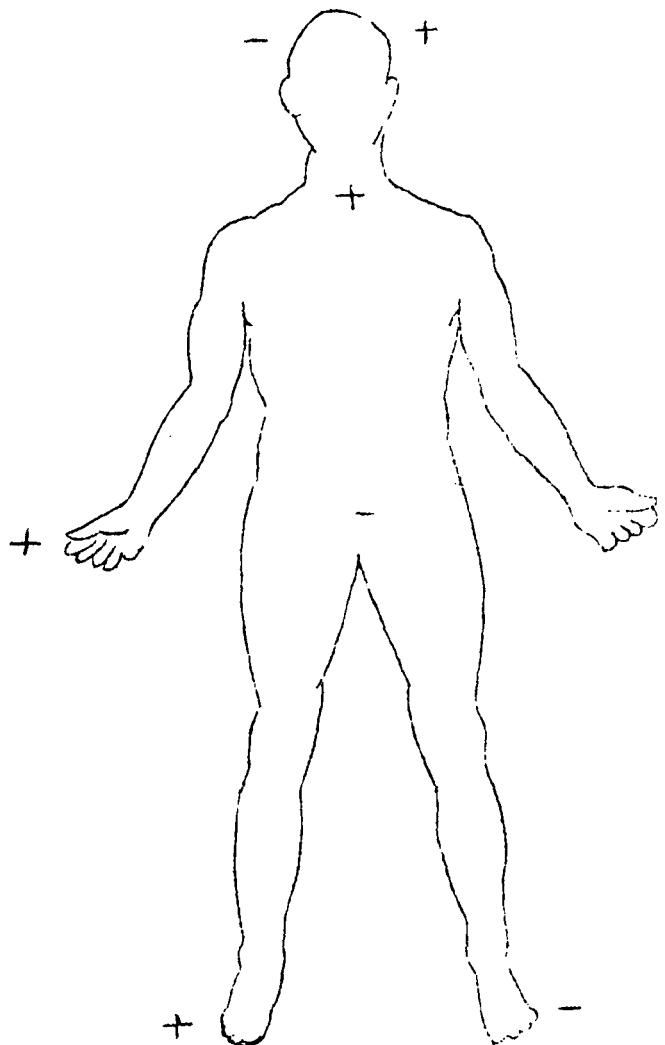


Fig. 2, Classical diagram of Human Polarities.

(c) Use only the Head, Spine and the two Hands for my experiments and actual healing work and short-circuit the two free poles at the feet by linking them by means of a length of copper wire or by making my patients cross their feet.

Having reached these conclusions I decided to call the head and right hand and foot, positive; and the base of the spine and the left hand and foot, negative; but I might have adopted the reverse convention without affecting the argument.

The phenomena observed suggest the electrical analogy so forcibly that electro-magnetic nomenclature imposes itself, but this must not mislead us into believing that we are dealing exclusively with electro-magnetic forces. There is ample evidence in the experiments already described that something akin to short-wave radiation is involved, for the copper gauze mats need not be in direct contact with the skin, and clothes, blankets and even fairly thick cushions do not act as insulators, nor do they affect the results. What is more, metallic conduction need not be continuous, for the two ends of a severed insulated copper wire resting a few inches apart on a glass-topped table will continue to conduct at least some of as yet unidentified

forces, thus suggesting phenomena akin to light, gravitation and magnetism.

The chapters that follow will therefore be based on the working hypothesis that "conducted wireless radiations emitted by the human body can be used therapeutically provided that polar opposites are linked by electrical conductors." (For confirmation from electrical point of view see: Baines and Bowman, "Electropathology and Therapeutics"; and G.W. Crile, "A Bi-polar Theory of Living Processes.")

All the experiments described above had been repeated innumerable times in the early 1920s and the resulting conclusions abundantly and independently confirmed before the end of 1925. However, I could not at that time obtain instrumental quantitative measurements of the factors involved, and in the circumstances it was not surprising that hospitals and other medical organisations I approached should have found it impossible not only to acknowledge the facts but even to investigate or notice them at all.

RIGHT AND LEFT HANDERS GROUPED IN CIRCUIT

From Chapter III

It had so happened that in all my early experiments with single subjects in 1919, every person tested had been both male and right-handed. As soon as I noticed this it struck me that it was possible that all my subjects had only found the Left hand to Head and Right hand to lower Spine circuit relaxing because they were either male or right-handed, and that females and/or left handers might have spontaneously relaxed in the tension (L. to S. and R. to H.) instead of in the relaxation circuit. I naturally proceeded to test left-handed males and right and left-handed females in both circuits.

Experiments soon made it clear that all males and females, whether right or left-handed, who detected any difference between the two circuits, found that Left to Head and Right to Spine constituted the "relaxation circuit". Rare exceptions were observed but careful repetition and checking of the experiments revealed that the subjects concerned had not been completely relaxed muscularly before the tests.

By 1921, having tested cats and dogs as well as right-handed and left-handed humans of both sexes, and having found almost complete unanimity in spontaneous muscular relaxation in the L. to H. and R. to S. circuit, I adopted the working hypothesis that all humans (and probably all vertebrates) were electro-magnetically positive at Head and Right hand, and negative at lower Spine and Left hand. . .

It thus happened that until September 1927 I unconsciously overlooked the obvious possibility that my subjects' spontaneous reactions of relaxation and tension would have remained exactly the same for all individuals placed in the relaxation circuit with themselves exclusively, if some of them had been negative at Head and Right hand and positive at lower Spine and Left hand, and others the reverse.

COOPERATIVE HEALING

Part 4, From the Book by L.E. Eeman
Excerpts from Chap. III, Right And
Left-Handers Grouped In Circuit.

Continued from Jan-Feb Journal

Having blindly disregarded the possibility that there might indeed be two such electro-magnetic opposite types (of human beings), I naturally failed to realize that if they did really exist, I could only bring their opposition to light by placing mixed pairs of them in circuit.

However, having thoroughly tested every circuit in which one subject could be placed with himself, I took the next obvious step and began to investigate the effect of placing two subjects, either male or female or right- or left-handed in one and the same circuit. I was urged to do so by the expectation that whatever health-giving effects had been produced by placing one subject in the relaxation circuit by himself, these effects would be improved both quantitatively and qualitatively, with every additional subject introduced into the relaxation circuit.

It was clear that if unknown to me there were in fact electro-magnetic opposition between males and females, or right- and left-handers and I were to pair these types at random in relaxation circuits, I should soon exhaust all possible combinations of electro-magnetic opposites amongst these four types, and probably discover new facts and laws.

TWO AND MORE SUBJECTS IN ONE CIRCUIT

My researches with two and more subjects in one circuit began in 1919. In my early experiments I was one member of every pair tested. I gladly used as my partner anyone I was fortunate enough to interest in my work and welcomed particularly any ailing person, whatever the nature of his or her complaint.

A few experiments made it clear that when unknown to either partner we connected the Left and Right hand of each with the Head and Lower Spine of the other respectively, not only did we obtain spontaneous and progressive muscular relaxation, better function, and ultimately sleep, but both partners generally came out of that sleep at about the same moment. Their awakening was frequently preceded by spontaneous and simultaneous stretching and generally followed by more or less prolonged cycles of stretching and yawning. (See Fig. 3, drawn on the first page of Part I, in October 1965 Journal.)

Although periods of unconsciousness seldom exceeded thirty minutes

both partners would generally feel more refreshed and would experience a greater sense of well-being after them than after a good night's sleep. This was most conspicuous in various diseases when a few repetitions of the treatment not only considerably revitalised the patient, but often effected a complete and lasting cure where other methods had failed and did so without any apparent ill effects on the healthy partner. In fact, in many instances both the sick and the healthy parties seemed to benefit so clearly that they felt "as though each had got more out of the pool than they had put into it."

THE ANNOYING, AND REVEALING, EXCEPTIONS

It was observed that these or similar results followed whether one coupled two males or two females, or one male and one female; but that they became reversed if one reversed the circuit, making it Left Hand to Lower Spine and Right Hand to Head and this, not only irrespective of suggestion, but in spite of and against it.

But there were some exceptions. When they occurred not only did the relaxation circuit give neither relaxation nor sleep nor increased well-being to either member of the pair but it occasionally did actual, progressive and lasting harm, not only to the sick member, but to the healthy one as well.

I will describe only one, but a typical, instance of these rare and extreme cases of harmful effects. The patient, a lady, suffered from a mild attack of sinovitis in the right knee. Let it be noted that if any suggestion was at work in either her mind or mine it was by getting into the relaxation circuit together we should be experience spontaneous and progressive relaxation, warmth, well-being and probably sleep. It was so in her mind because she had been strongly recommended to me by relations who had described and led her to expect these effects from my treatment; and it was so in mine because continued observation of them had naturally led me invariably to expect them.

Nevertheless, within a few minutes, far from feeling relaxed, warm and sleepy, we both felt our muscles automatically contract, and became so cold that we shivered, and so restless that we could not keep still. Instinctively, I checked the circuit, feeling that I had inadvertently established the tension circuit; but no, I had made no mistake! The patient and I, both extremely puzzled but interested, decided to persevere. At the end of the third visit we had to give up the attempt; the lady's knee had become ankylosed, I felt thoroughly ill and we both took a considerable time to get over these disastrous reactions. What is more, by the end of our experiment we had come to grate so violently on each other that we had found it hard to remain polite, a detail which was reproduced in a few similar cases between 1921 and September 1927. I may perhaps be forgiven for having accepted at the time the obvious, easy, and I confess, lazy explanation of the phenomena, that they were due to some of these rare, violent, and mysterious antipathies that occasionally poison life.

But this lazy explanation of antipathy obvious to both of us did not explain anything at all, and I was not only puzzled but angered at

my inability to understand these cases that made my patients and myself feel so ill and irritable. Fortunately they were so rare that, as far as I remember, I met fewer than thirty of them between 1921 and September 1927. . .

In 1924 I began to suspect that the working hypothesis I had adopted in 1921 that all humans were electro-magnetically positive at H (head) and R (right hand), and negative at S (lower spine) and L (left hand) would have to be amended to read, that a minority of humans are electro-magnetically positive at S and L and negative at H and R. But which. . ? Clearly this question could only be answered experimentally; the experiments required would have to be carefully thought out, and above all, they must eliminate the factor of suggestion. They should

Firstly: Demonstrate that there was polar opposition between the R. and L hands of every individual.

Secondly: Prove that some individuals were positive at R and negative at L and others the reverse, and establish which were which.

Thirdly: Prove that some individuals were positive at H and negative at S and others the reverse, and establish which were which, and

Fourthly: Establish that one or more circuits were beneficial and others detrimental to health and so give my researches a humanitarian as opposed to a purely academic interest.

As I planned my experiments I could not escape the conviction that since I proposed to use hands as conductors, any positive results beneficial to health that I might achieve would enable me to re-open the age-old problem of "healing by the laying on of hands" and place it on a modern scientific basis. I was also struck by the possibility that negative results might perhaps be more illuminating than positive, and that both would acquire added significance if I could obtain them not only in the absence of positive but actually in the face of strong negative suggestion and more still if they were to appear spontaneously and unexpectedly.

THE ANTI-SCEPTIC BATTERY

Early in 1925, with the purpose of demonstrating to sceptics, and especially to members of the medical profession, that there was electro-magnetic opposition between all right and all left hands and that therapeutic use could be made of the fact, I devised an apparatus which I humorously called my "anti-sceptic battery." This has long since been superseded by more efficient devices, but it is still available for experiments.

The apparatus has the appearance of a complex switchboard and obviously suggests "electric current" even to the layman. In fact, there is nothing electrical about it and it merely enables the operator, by revolving the pointers:

COOPERATIVE HEALING

Part 5, From the Book by L.E. Eeman
Excerpts From Chap. III, Right And
Left-Handers Grouped In Circuit.

(A) To connect the left hand of any one of the six subjects with the right hand of any other subject, or if the wires were crossed, with the latter's left hand.

(B) To vary at will the electro-magnetic order of the subjects in the circuit.

(C) To cut any subject out of the circuit although he still continues to hold the ends of the wires connecting him with the apparatus and,

(D) To do any of these things unknown to any of the subjects.

My first few experiments with this apparatus soon showed:

(1) That all subjects do not produce equally clear results.

(2) That the reactions of a given subject may vary with the different subjects placed in circuit with him; and

(3) That results are reliable only when subjects are muscularly relaxed and quiet in mind!

EXPERIMENTS WITH ANTI-SCEPTIC BATTERY

Six right-handed subjects of either sex sit around the "anti-sceptic battery", and, unknown to them all, the right hand of each of them is connected with the left hand of another, and thus a closed circuit is formed by the six subjects.

The appearance of the apparatus suggests an "electric Battery". No other suggestion is made. Within a few minutes the participants generally report a progressive sense of warmth, muscular relaxation and well-being; their pulse becomes stronger and slower; their breathing fuller and slower; salivation and swallowing increase, the pitch of the voice is lowered and drowsiness becomes general.

After a while, the experiment is interrupted, its results are discussed and the comment is frequently made that what subjects had felt "was exactly what they would have expected from a mild electric current".

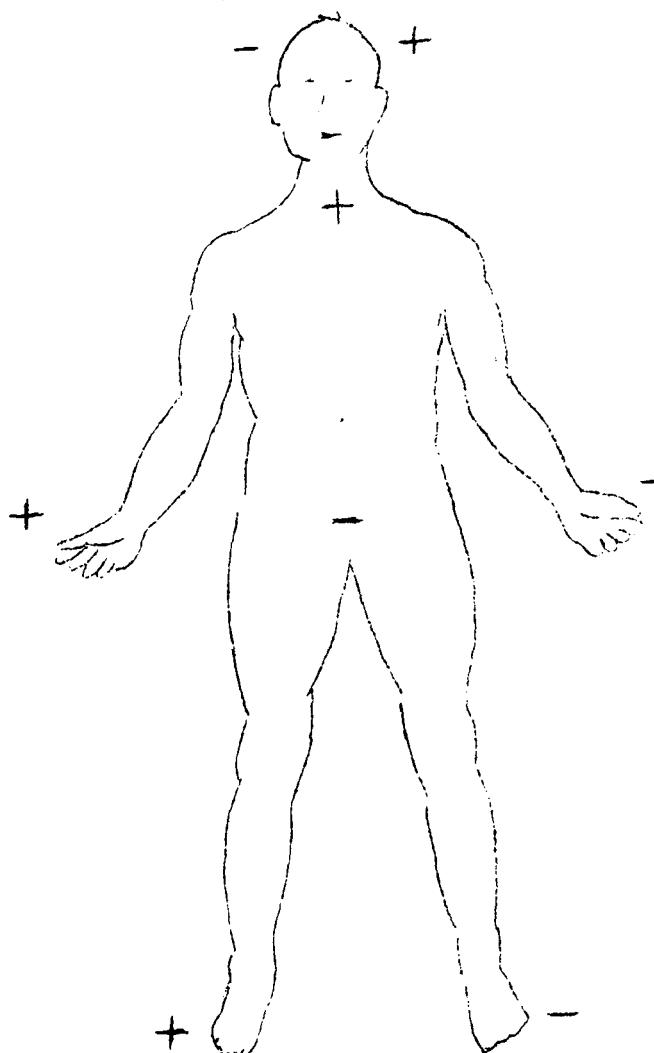
The top of the box is then removed which shows not only that it

is empty and that no electricity is being used, but that the wires merely connect the six subjects with each other. Some of them then show annoyance at having been "imposed upon" and declare that the experiment "only shows the power of suggestion", much as they resent the implied admission that they are so easily suggestible, especially if they happen to be males.

2nd Experiment

After the first experiment, since all the subjects clearly realise that the box is not electrical, the suggestion of electric current no longer operates. All subjects are again connected exactly as in the first experiment and soon, to the surprise of all and the annoyance of some, they show the same signs and reluctantly report the same symptoms as before. What is more, after a few experiments, some sensitive subjects manage to identify their immediate neighbors in the circuit,

right and left; however often these may be changed by moving the pointers of the apparatus without altering the relative positions of the subjects themselves round the "anti-sceptic battery".



POLARITIES OF A RIGHT-HANDER, if taken into account in the laying-on-of-hands, might result in more effective healing!

3rd Experiment

Unknown to all subjects the wires held by one subject are crossed and thus his left hand is connected with another left, and his right with another right. Soon, in the case of this subject and in that of his two immediate neighbors in the circuit, the effects previously observed are reversed; their muscles automatically tighten up and they often feel so cold that they shiver and are so restless they cannot keep still. When, unknown to all subjects the person with crossed wires is given two new neighbors in the circuit by moving the pointers of the apparatus, the new neighbors experience discomfort, and the old, relief.

4th Experiment

Without any reference being made to the fact, so that suggestion might be excluded, one left-handed subject is introduced into the circuit, all connections being as before. Soon, in his case and in that of his immediate neighbors the same reactions are observed as had occur-

red with the right-hander with the wires crossed

When I first made the first three of the above experiments it again so happened that my subjects, though of both sexes, were all right-handed. I concluded from the results constantly obtained that provided all subjects were sufficiently relaxed and their motor nervous systems thus at least partially inhibited:

(A) Quasi-electro-magnetic polar opposites between right and left hands in all individuals was an indisputable fact.

(B) That there was no difference between male and female hand polarity, and I continued to use with both males and females the convention that R. was positive and L. negative; and

(C) That whatever was being conducted between human beings by insulated copper wires, it possessed not only the qualities of positive and negative, but in addition, some specific character or charaters which enabled sensitive subjects not only to identffy their neighbors in circuit, but to detect when particular individuals entered or left it.

HERTZIAN WAVES?

Having previously concluded that short-wave radiations were involved and that I was therefore dealing with some form of "wired wireless," I naturally endeavoured to account for these specific characters in terms of wave-length, frequency, velocity and amplitude.

It is possible that between the middle of 1925 and September 1927, some of my group experiments did include one or two unobserved left-handed subjects, but in the light of later observations I must assume that they did not, as I cannot remember abnormal reactions during that period; although I was beginning to suspect that right- and left-handers might be polar opposites, at any rate as far as their hands were concerned. If, however, one or two unobserved left-handers were in fact concerned in these early group experiments they must have been weak left-handers electro-magnetically, for later tests showed that both in right- and left-handedness there are many degrees, and that violent and therefore readily observed reactions only occur when a strong right- and left-hander clash in the same circuit, or when two strong right- or left-handers meet in a circuit which has been either accidentally or deliberately inverted.

However, it was not until September 1927 that I managed to group in one circuit two strong electro-magnetic left-handers with two strong right-handers. I sat them round a table, left-hander facing left-hander and right-hander right-hander, and arranged the circuit so that each R. was linked with the L. next to it. Less than two minutes had elapsed before it became obvious that all four subjects found the circuit unbearable. They all unconsciously tensed up, their breathing became short and shallow, they felt cold and abominably restless and when I changed the cirtuit so as to link the R. and L. of right-handers with the R. and L. of left-handers respectively, an instantaneous and almost unbelievable change came over all four.

COOPERATIVE HEALING

Part 6, From the Book by L.E. Eeman
Excerpts from Chap. III, Right And
Left-Handers Grouped In Circuit.

(Continued from the Aug-Sept 1966 Journal, where Eeman has linked up right-handers and two-left-handers in the Tension circuit, to their great discomfort. He then switched them to the Relaxation circuit) and an almost unbelievable change came over all four subjects; all together they heaved a spontaneous sigh of relief, their muscles sagged, they slumped in their chairs and became warm, comfortable, peaceful and drowsy. Salivation and swallowing were noticeably increased and the pitch of all four voices sank appreciably.

The problem was solved, at any rate as far as hands were concerned, but to make sure, I reversed the circuit again. Almost immediately tension reappeared with all the usual accompaniments and further reversals confirmed the first experiment. . .

Clearly, not only are Right and Left polar opposites but the signs plus and minus are reversed between right-and-left handers all the way down the right and left sides of the nervous system, as experiments substituting feet for hands soon established. Could one say the same about Head and lower Spine?

I proceeded to link myself, a strong right-hander, with a succession of left-handers, my Left and Right to their Spine and Head, and their Left and Right to my Spine and Head respectively. Result: in every single case, almost instantaneous relaxation, warmth, sound function, drowsiness, peace and a tendency to sleep.

Clearly, not only are Head and Spine polar opposites, but the signs plus and minus are reversed between right- and left-handers all the way down the nervous system not only for the sides of the body but for the central nervous system as a whole, and the convention that Head and Right are positive and Spine and Left negative should apply only to right-handers and be reversed for left-handers. . .

I must point out here that strong antipathies which may become apparent in either the relaxation or tension circuits may be due to fundamental differences of frequency or phase of radiation and not to faulty wire connections. Against that, antipathies of long standing have been known to disappear after a few periods of rest in the relaxation circuit. Habitual faulty spatial relationships between say, a right-handed husband and his left-handed wife can, unknown to both and by itself, cause acute strain between them; and quite a few married people have been made happier by simple readjustments of their relative positions by

day and by night.

NEW LIGHT ON MAGNETIC HEALING

For practical purposes the following was now acquired: the healer, presumably fitter, richer, or electro-magnetically of higher potential than the patient (whatever exact meaning further investigations might give to those loose words) must if both he and the patient be either right- or left-handed, be linked with the latter Left to Head and Right to Spine, and if one be right- and the other left-handed, Left to Spine and Right to Head. This would produce beneficial results, provided, a time and innumerable experiments were to show, that both healer and patient possessed, or acquired, certain qualities or attitudes of mind, nerve and body. (As a man thinketh in his heart, so is he! RHC)

Time and experience were further to show not only these qualities, attitudes, or states of both healer and patient greatly influenced results, but also:

- (A) That they could be acquired, developed, and consciously controlled by both healer and patient.
- (B) That the development of any quality in either healer or patient made them more effective as a healing combination. . .

I also wish to emphasise once again the importance of muscular relaxation and to repeat the warning that in proportion as it is incomplete so do the physiological reactions normally produced by the relaxation circuit tend to be obscured or even reversed, and particularly so when subjects of opposite sex are joined in circuit. Two forces at least seem to be radiated by the human system: the first appears to be fundamental and vital and to belong to the species irrespective of sex; for when the voluntary neuro-muscular system is inhibited this fundamental force shows the same polarity for both sexes, but reverse polarities between right- and left-handers of either sex. . .

The second force seems to be subsidiary to the first and derived from it, and to manifest only as a result of the activity of the voluntary motor-nervous system. It frequently shows reverse polarities between the sexes when it may appear to reinforce vital polarity in some subjects and to neutralise or reverse it in others, thus masking it according to the degree of conscious or unconscious voluntary muscular tension and making physiological reactions in the circuit unreliable and misleading. (To be continued with an analysis of the four causes of tension.)

* * *

Philadelphia (AP) Nov. 4, 1966: "Increasing use of drugs, both prescription and over-the-counter variety, is becoming a major health problem, a panel of physicians and medical professors said. In fact, adverse reaction to drugs is the seventh leading cause of hospital admissions, the panel heard. . . "